



Pacific bound



Photo by Maj. Joe DellaVedova



Photo by Staff Sgt. Rob Hazelett

Above: More than 200 Airmen from Whiteman will support U.S. Pacific Command by providing a forward bomber presence. Air Expeditionary Force 9 and 10 departed to Andersen Air Force Base, Guam to begin a four-month deployment Thursday.



Left: Brig. Gen. Chris Miller, 509th Bomb Wing commander, shakes the hand of Senior Airman Geneva Milhoan, 509th Maintenance Squadron, as she boards a Boeing 767.



Photo by Staff Sgt. Rob Hazelett

Melanie Smith, Whiteman Inn housekeeper, prepares a bed in the temporary lodging facility Tuesday. Whiteman Inn recently won the 2005 Air Combat Command Innkeeper Award small base category, and is competing for the Air Force level award, which it won in 2001.

Whiteman Inn earns best in ACC

Story by Staff Sgt. Rob Hazelett
509th Bomb Wing Public Affairs

The Whiteman Inn has won the 2005 Air Combat Command Innkeeper Award small base category.

The hotel has been selected as the best lodging operations and will represent ACC in this year's Air Force Innkeeper Award competition.

Winning the small base category is not something the Whiteman Inn team will take for granted, even though they were part of the crew that won the award in 2001.

"We are excited about competing for the Air Force Innkeeper Award, and the opportunity to win this award for the second time," said Marc Hicks, Whiteman Inn lodging manager, who worked as manager the last time the hotel won the award. "The Innkeeper evaluation will be challenging, but with our outstanding staff we can compete at any level."

Since it last won the award, the inn has undergone some improvements. The 168-room hotel has just had a \$25,000 facelift to its lobby, which included new furniture, painting and adding column facades to its interior second and third floor balconies.

The hotel is also having six rooms renovated on the first floor of one of its buildings, which is a \$56,000 project scheduled to be completed in July.

Although construction has been routine around the inn, it hasn't diminished the ability of the staff at the inn to support their customers.

Last year they roomed over 33,500 military personnel and their families who visited here, and changed station to or from Whiteman.

As the men and women at Whiteman Inn continue about their duties with enthusiasm and attention to detail, their efforts haven't gone unnoticed.

The inn will receive \$30,000 if they win the Air Force Innkeeper Award.

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SFS to start enforcing cell phone restrictions



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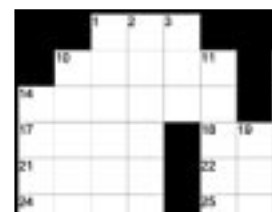
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For more information, call the *Spirit Times* office at 687-6133, e-mail: spirit.times@whiteman.af.mil, fax us at 687-7948, or write to us at: 509th BW/PA, 509 Spirit Blvd. Ste. 111 Whiteman AFB, Mo. 65305

Air Force Quiz

Who is traditionally the guest speaker at a Dinning Inn (see answer below)

9er Line

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509th Bomb Wing commander,
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Air Force Quiz answer
A high-ranking military officer, chief
master sergeant or government
official.

Team SPIRIT

Commander's Corner

By Brig. Gen. Chris Miller
509th Bomb Wing commander

This commander's corner isn't just to say "farewell and thanks"... it's a friendly *challenge* to each and every one of you who call Whiteman home.

For the last two years, the 509th Bomb Wing's goals have been to **develop and nurture Airmen, to be prepared to deploy, and to be ready to fight.**

We've deployed Airmen and airplanes (the B-2 is going overseas again as this paper was printed; the 442nd Fighter Wing's A-10s will deploy soon); we've been inspected repeatedly; we've fielded new capabilities in the 500-lb Joint Direct Attack Munition and the Joint Air to Surface Standoff

Missile; we've made improvements in B-2 availability; we've built new facilities and are building more to improve the quality of operations, education, training and living for Whiteman people and their families.

As I've said many times, our Wing goals are easy to say, hard to do. Accomplishing them requires dedicated, thoughtful and hardworking professionals like you, supported by friends and family during the trials that we all face living in the Air Force. You have risen to, and mastered, every test you've faced.

A year and a few months ago, we deployed the B-2 to Guam and there was a great deal of hard work and concern about how that would go.

This time, you made it look

easy even though it's a tremendously complicated operation. That's being "prepared to deploy." You've proven your combat worthiness in exercises like Mighty Guardian and Red Flag, on the roads of Iraq and in daily training. That's being "ready to fight."

The foundation of our "output"—deployment and combat employment—is investment in our people and our future. At every level and every day, leaders mentoring Airmen, units supporting deployers and their families, supervisors training subordinates—those things make performance possible and they are truly important.

They are based on respect for our Air Force and for fellow Airmen; we treat each other well and we labor to build an Air Force for the future as well as the present. You do those things well. If you continue to do them well, you cannot fail.

Rhonda and I are deeply grateful for the privilege of serving Airmen and our Air Force at Whiteman. We have been blessed by so many of you—your friendship, your hard work, your superb work to produce Global Power for America.

We will treasure the memories of our time leading the 509th, will keep you in our

prayers, and wish each one of you professional and personal success.

So what's the challenge?
My challenge to you is to *show your team Spirit even brighter in the future*. I am confident that Col. (Brig. Gen. select) Greg Biscone, who will take the guidon of the 509th Monday, will lead the 509th and all of Team Whiteman with great energy and wisdom. I expect that you will show him the same tremendous loyalty, support and warrior Spirit you have shown me, and with that, you will succeed brilliantly.



Photo by Staff Sgt. Felicia Haecker

Brig. Gen. Chris Miller, prepares for his final B-2 flight as the 509th Bomb Wing commander.

Life lessons remind us who we are

By Lt. Col. Lindsey Borg
509th Mission Support Squadron commander

Much to my regret, my time as a squadron commander here will soon come to a close.

This experience has been incredibly valuable to me professionally and personally. I've learned much from the people I've been privileged to work with.

As I approach the end of my assignment, I've considered some of the lessons I learned—or that were reinforced—during my time here.



Be on time and on target

Our wing's mission is to kick down doors and kill targets. We do succeed in that mission by putting bombs on target, on time. No matter where one works in the 509th, being on time is essential. If we make lateness acceptable, chances are high we'll also be late when called on by our nation—and that's unacceptable.

It's the little things

Basic training and technical schools often are laughed at for their intense focus on the seemingly meaningless. Who really cares if my underwear are folded according to the underwear folding guidelines? Why should my shirts be hung on hangers spaced one inch apart?

As silly as those focal points now seem, they serve as a good reminder to pay attention to the little things. Attention to detail is essential for mission success as we move forward as Airmen, whether it's following a tech order, preparing an administrative product or securing our base. When we let the little things slide, we become sloppy, ineffective and vulnerable to making big mistakes. Our nation deserves our best.

Respect the flag

Respect for the flag is often a mandatory part of our Air Force gatherings. We stand at attention as the flag is brought in and positioned in the room. We pause as retreat and our national anthem are played at the end of the day. Why do we pay such attention to a cloth symbol? I believe it's because that symbol represents the country we are sworn to serve.

Because of the incredible opportunities our country provides us — in the Air Force and in the civilian population. I believe it's because our flag stands for freedom and, as Airmen, we won't let anyone take that away.

Our country has provided much to us; we should be quick to protect and offer respect to its symbol. It's not just cloth; don't use it to patch your jeans or to cover your couch. Our flag represents us as a team; treat it right and help others to understand what it means.

Study and prepare

More than 150 years ago Abraham Lincoln uttered some words that apply to modern Airmen. He said, "I will study and prepare myself and someday my chance will come."

For Airmen, our chance comes every day. The Air Force and our nation demand much from us. It's up to us to be ready—personally, physically and mentally—to meet the challenges. Study and prepare — your chance may be today.

I recently learned an important lesson from a technical sergeant who retired from Whiteman before Christmas last year. His plan was to move to another state to secure a job while his family finished the school year here.

About three months later, I met him again here at Whiteman and he grudgingly told me he couldn't find a job without a bachelor's degree. "The stupidest thing I ever did was to

retire without finishing my degree," he told me.

The Air Force is ready to make a lifelong investment in you through education by paying 100 percent of your tuition costs at an accredited institution. Civilian employees also are eligible for differing amounts of tuition assistance. Sure, it takes time to attend classes and our workloads sometimes make that seem like an impossible proposition. Make the sacrifice, take the investment and better yourself. Go to the education center and get started—you won't regret it.

Remember who you are

I owe my father for valuable advice he repeatedly gave me from a young age. It was more of a directive than advice: "Remember who you are."

As a boy, I didn't understand the last words I always would hear from him as I went off to do something away from the family — sporting events, dates, college, anything that took me away from his direct oversight — "remember who you are."

Perhaps his message was simply a last plea to not do anything stupid that would embarrass the family. That's a distinct possibility; he was raising four boys at the time. Even so, as I get older, those four words gain meaning and provide a useful tool for self examination, measurement and focus for the future.

As the Air Force changes to meet the challenges presented by this new century, I believe it is critically important for us to examine ourselves — as individuals and as a team. We need to remind ourselves of the responsibilities and high standards that come with the privilege of serving our country. We need to remind ourselves of our rich heritage, traditions and customs. We need to remind ourselves that those we serve have high expectations of us. In short, we must remember who we are—Airmen.

Newsline

MedGp changes hours

Effective immediately, the 509th Medical Group will no longer be open on Saturdays.

To access healthcare, call the on-call primary care manager at 660-687-2188. They will advise you on the best course of medical care.

Finance to close early

The finance customer service counter will close at noon Today for a squadron function.

WESC to hold social

The Whiteman Enlisted Spouse's Club will host a social 8 p.m.-midnight tonight at Mission's End. For tickets, contact Jennifer Phillips at 563-4091.

Informational Social Security Briefing Set

The Warrensburg Social Security Office will present a short informational briefing about the Social Security System May 10 at the Family Support Center.

It will cover topics such as the history, solvency, and benefits of the Social Security Administration, the windfall elimination provision and government pension offset which can sometimes affect civilian retirees who have paid little into Social Security.

Any military member (active duty or retired), family member or civilian employee is welcomed to attend.

Reservations are required. To make a reservation, call 687-7132.

Tuition assistance coverage

Thinking of continuing your education? As of Oct. 1, 2002, the Air Force pays 100 percent of accredited tuition and all fees for enrollment, not to exceed \$250.00 per semester hour with an annual cap of \$4,500, regardless of AF specialty.

Contact the base education office at 687-5750 for more information.

Yard waste pick-up

Personnel living in military family housing are required to bag yard waste in brown bags and separate from refuse and recyclables.

Yard waste is scheduled to be picked up on the same day as refuse and recyclables pick-up. Brown bags are available at the self-help store, Bldg. 140.

Call 687-4173 for more information. Yard waste and refuse will not be picked up if mixed.

Water tower repairs continue

Work is scheduled to continue on the Knob Noster elevated water storage tank on base. The 509th Civil Engineer Squadron awarded a contract for repairs, cleaning and disinfecting in an effort to continue to provide base consumers with outstanding water quality.

The work is scheduled to continue for up to eight weeks and base consumers are encouraged to conserve water during this time by not watering lawns and washing vehicles sparingly. Though water quality will remain the same, consumers may notice a slight decrease in water pressure.

Please contact the water treatment plant at 687-1984 with questions or concerns.

509th SFS to enforce cellphone regulations

By Staff Sgt. Richard Coats
509th Security Forces Squadron

Starting Monday, the 509th Security Forces Squadron will begin enforcing the new Department of Defense policy on restricting cell phone use while operating all vehicles on military installations and for government owned vehicles both on and off installations.

The 509th SFS will do this in two phases. The first phase will be a 60-day education period where offenders may be stopped for violating the new policy but will only receive a verbal warning, not a traffic citation.

Once the 60-day education period is complete, violators will be cited for a moving

traffic violation much like speeding or running a stop sign.

Once traffic citations are issued, an offense will result in three traffic points being assessed against a driver's on-base driving record.

If a vehicle operator accumulates 12 traffic points within 12-consecutive months or 18 points within 24-consecutive months, they will have their on-base driving privileges suspended for a minimum of six months.

Air Force Instruction 31-218, Motor Vehicle Traffic Supervision, restricts the use of all cellular telephones while operating all vehicles on military

installations and for government owned vehicles both on and off installations.

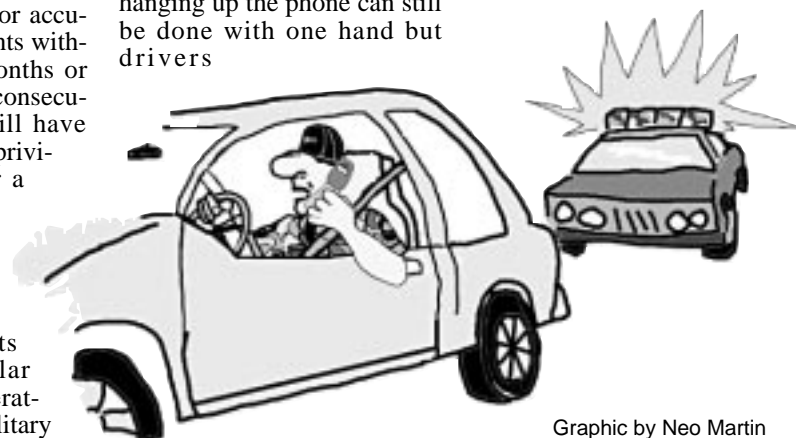
This policy states that operators will not use cell phones unless the vehicle is safely parked or unless they are using a hands-free device.

By definition, a hands-free device is any device that allows a person to listen to and talk on a cellular phone without using their hands.

Dialing, answering or hanging up the phone can still be done with one hand but drivers

should exercise caution when taking these actions much the same as changing the channel on your car radio or adjusting the climate controls. The distractions caused while taking these actions places you and others at risk.

For more information about this new policy, contact the NCOI in charge of police services, Tech. Sgt. Richard Coats at 687-4254.



Graphic by Neo Martin

Importance of measles, mumps, rubella vaccination

You may have noticed in the news there have been recent and frequent reports of a mumps outbreak within the Midwest region.

Iowa public health officials have reported and are investigating more than 800 cases of suspected mumps statewide this year. This is the largest outbreak of mumps in Iowa since 1987.

To better prepare our base population to be aware of correct actions to take, here is some important information:

■ Symptoms of the mumps include swollen salivary glands, fever, and headache.

■ The infection is spread by droplets from the nose or throat.

■ After exposure, it usually takes two to three weeks for symptoms to appear.

■ Those diagnosed with mumps should not go back to school, daycare or work for at least five days to prevent the spread of the disease.

Since mumps is a viral infection, there are no antibiotics that can be given for treatment once exposed.

Treatment for the illness is supportive care, such as fluids and fever reducers.

Mumps outbreaks are rare nationwide due to successful vaccination programs.

The measles, mumps and rubella vaccine is about 95 percent effective in preventing the mumps.

Missouri children receive the MMR vaccination prior to entering school. All children not in school should receive two doses of MMR vaccine, the first dose at one year of age, and the

Mumps prevention tips

- **Ensure everyone in your household greater than one year of age have been vaccinated against the mumps.**
- **Wash hands frequently.**
- **Always cover your mouth and nose with a tissue when coughing or sneezing.**
- **Do not share utensils, cups or other objects that have been in contact with others saliva.**

second dose at four years of age.

For more information, call Tech. Sgt. Kenneth Norris at 687-4304.

Strategic 'strike'



Photo by 1st Lt. Mary Olsen

Col. Eric Single, 509th Bomb Wing vice commander (left), and Col. Pat Cord, 442nd Fighter Wing commander, throw out the first pitch of the Central Missouri State University military appreciation baseball game April 22 against Missouri Western. CMSU hosted the event and gave more than 150 free tickets to military members from Whiteman.

A balance of Power

By Maj. Barbara Kellogg
509th Bomb Wing Legal Office

Congress makes laws, the President can veto them, and the Supreme Court can rule them unconstitutional – it’s a wonder we ever get anything accomplished!

At first glance it seems contradictory and ineffective to give two branches of government the ability to overturn what another branch has done.

After all, Congress would never make laws in haste

and without careful consideration, right? Of course not, but that doesn’t mean they should have unlimited control over what laws should be enacted.

Our Constitution was drafted to establish a government of separate powers that, together, form a dynamic system that works for the common good.

In forming a government of separate powers, the framers sought to preclude one branch from exercising arbitrary and absolute power.

However, these powers were not intended to operate with complete independence. To ensure that one branch could not assume absolute power in one area, the branches were provided the ability to “check” the powers of another and ensure that they did not exceed their constitutional powers.

For example, our system of creating laws ensures that Congress cannot create laws beyond the limits given to them by the Constitution.

On Monday we will celebrate Law Day. It was established in 1958, when May 1 was later officially designated as Law Day by Congress.

Law Day was established to strengthen our great heritage of liberty, justice, and equality under law. Each year, a theme is designed which is intended to help people understand how law keeps us free and how our legal system strives to achieve justice.

This year’s theme, *Liberty Under Law, Separate Branches, Balanced Powers*, reminds us that our

Founding Fathers envisioned a new form of government that divides power among three separate branches, yet preserves a balance among them.

This balance is seen every day. The recent nominations and confirmations of two Supreme Court Justices are examples of the interaction between the Executive, Legislative and Judicial Branches.

The President nominates an individual for appointment, the Senate holds hearings and confirms the individual, and that person becomes a Justice on the Supreme Court.

No one branch of government had absolute authority over the selection of a Justice. If you take the time to think about issues you see in the news regarding our government, you will start to see many areas where two, or sometimes all three, branches of government are involved in some way in the same issue. Issues surrounding our environment, immigrations and the military are just a few.

As we approach the upcoming Law Day events planned at Whiteman, take the time to reflect on how our government was formed, and how the discussions, debates and conflicts currently surrounding us reinforce the principle of separate branches, balanced power.

Our country was established by great thinkers who envisioned a new form of government and because of them we live in a great country with a Constitution that is constantly at work for the good of all people.

DUIs carry lots of consequences

By Airman Eric Schloeffel
347th Rescue Wing Public Affairs

MOODY AIR FORCE BASE, Ga.— A conviction for driving under the influence can be deadly to an Air Force career.

Four Moody Airmen have been arrested in the last six weeks for DUIs; these convictions will likely follow the Airmen for the rest of their careers.

Both civilian and military DUI convictions can bring sobering effects to an Airmen’s career, said Capt. Richard O’Brien, chief of military justice for the 347th Rescue Wing office of the staff judge advocate.

“Many Airmen don’t understand what they do at the age of 20 can affect them for the rest of their life,” Captain O’Brien said.

For incidents occurring off base, civilian prosecutors likely will handle the case. These situations often entail loss of license, heavy fines and large increases in insurance costs. The DUI will also be marked on the offender’s record as a state criminal offense.

Civilian DUI convictions don’t involve Uniform Code of Military Justice punishments, but still can carry harsh military consequences, said the captain.

“Commanders have a wide array of tools to address these situations,” he said. “They may issue a letter of counseling, admonishment or reprimand, establish an unfavorable information file or place an individual on a control roster.”

The control roster is a command tool that limits permanent change of station and assignment opportunities, cancels formal training and may affect promotions and reenlistments.

Often, Airmen convicted of DUIs also are required to take an on-base or off-base driving course, depending on the judge’s instructions, said Joe Bell, 347th RQW ground safety manager.

“The driving course is eight hours long, and in many cases the student has to pay for it,” he said. “The course shows the human side of the tragedies surrounding drinking and driving, and reiterates the importance of using designated drivers and other techniques to prevent driving under the influence of alcohol or drugs.”

Airmen driving drunk onto base or while on-base will be dealt with under the UCMJ. The maximum penalty for DUI under the UCMJ is a court martial, confinement and loss of all pay and forfeitures. Most on-base DUI offenders receive either a court-martial or an Article 15, Captain O’Brien said.

“I’ve court-martialed Airmen for DUI offenses, and



Photo by Airman Elizabeth Rissmiller

Staff Sgt. Xavier Daniel, 347th Security Forces Squadron, practices giving a field sobriety test at Moody Air Force Base, Ga.

they received confinement, too,” he said. “A court martial is a federal conviction and follows you wherever you go. It has an incredibly lasting effect.”

In addition to legal issues, safety should be the foremost deterrent of drunk driving. The Air Force cannot afford to lose Airmen due to irresponsible mishaps, said Staff Sgt. Scott Richard, wing ground safety technician.

“It is very important for Air Force members to be responsible enough to not drink and drive,” said Sergeant Richard. “The amount of money and training spent on each Airman is so great and can be thrown away by drinking and driving. An impaired driver also runs the risk of killing other motorists or everyone in the car.”

Considering the consequences, an easier route is to abstain from alcohol consumption altogether prior to driving and always having a plan beforehand. In many cases, there are always options other than getting behind the wheel.

“With the war on terrorism, we need every Airman alive to continue to defend this country and defeat the enemy,” said Col. Joseph Callahan, wing commander. “Drunk driving is completely unacceptable and is a breach of all Air Force core values. I urge every Airman to consider the alternatives and consequences before (he or she gets) behind the wheel.”

Airmen Against Drunk Driving

To become an AADD volunteer or for a safe ride home if your plans fall through, call 687-RIDE or 1-888-516-0013.

STRESS? who needs it

By Capt. Mark Taylor
509th Medical Operations Squadron

When was the last time you felt stressed? What are your greatest sources of stress? How do others know when you are feeling stressed? What do you do when feeling stressed? Let’s consider all these questions when examining stress and whether it’s our friend or foe.

What is stress? While most of us can certainly testify to feeling stressed, it’s hard to define. Essentially, stress is the reaction we experience when we feel threatened. Or, it is a reaction we have when we see the demands of life pushing our resources to cope with those challenges. This would include everything from illness to work to the energetic child.

While each person reacts differently, stress affects all of us physically, emotionally and behaviorally. The body was made to cope with demands by pumping powerful hormones into our system. These hormones help with concentration, energy, quicker reaction times, and greater strength and agility. These sound like positive consequences, right? Then what is the downside of the stress reaction?

The stress response is meant to be short-term and to help cope with immediate demands. Thus, if the powerful hormones are continually released into the body as pressures continue, or as one stressful event leads to another, the body isn’t able to recover. This can increase your risk for serious consequences including obesity, insomnia, digestive difficulties, heart disease, depression and anxiety. If our bodies were compared to a car, imagine driving high speed across the country without ever changing the oil. Imagine racing between stop lights in a big city. Wear and tear would eventually cause the car to stop working. The same is true with our bodies.

How do we positively cope with stress? While cigarettes, beer, or going absent without leave may seem like options, these choices are likely to create more negative effects. One of the best coping techniques is exercise since it helps use the powerful hormones released. They get the body excited, activating the sympathetic nervous system. Exercise uses this energy, and you become healthier in the process. Relaxation techniques are also useful, providing the body with the rest time it needs. Activities that slow you down, such as meditation, yoga, prayer, diaphragmatic breathing or massage are excellent ways to manage stress.

It’s also important to examine the source of our stress. Sometimes we become stressed about activities or events when we have no control over the outcome. We can take positive steps to create less stressful environments, such as becoming more organized, practicing time management, eating healthy, engaging in fun activities and getting enough sleep.

Stress can either work for us or against us, but the key is proper management. If you would like to learn more about stress management, call the Life Skills Support Center at 687-4341 and sign up for the monthly stress and anxiety management class.

Immediately effective approved items from the 97th Air Force Uniform Board

Uniform Board Results



A Design and development of the Headquarters, U.S. Air Force identification (HAF) badge



B Wear of the blue nametag with the Air Force informal uniform - abbreviated rank and name on one line

C Standardized cummerbund wear

D Prohibit wear of scrunchy as hair accessory for women

E Hair pins and bands will match hair color and long hair will be secured with no loose ends

F Hair color/highlights/frosting will not be faddish and will be natural looking for human beings

G No flat top hairstyle or shaved head for women

H Synthetic hair can be worn as long as it meets safety and mission requirements

I Braids, micro-braids and cornrows are authorized for women

J Standardize wig/hairpiece wear - eliminates medical justification for men

K If due to a temporary medical condition resulting in baldness, commanders will authorize the approved American Cancer Society cap (black or tan), wigs or baldness in uniform

L Females will not wear shades of nail polish that distinctly contrast with their complexion, that detract from the uniform, or that are extreme. Nail polish will be limited to one color. French manicures are allowed. Nail length will not exceed one quarter inch from finger tip

M Wear of carry type purse with no more than two straps authorized with mess dress

N Reduce bracelet size to one half inch. Bracelets that support a cause, philosophy, individual or group are not authorized

O Rings will be worn at the base of the finger and will not be worn on the thumb. Wedding sets count as one ring

P Eyeglasses will not be worn around the neck; on top or back of head; or exposed/hanging on uniform

Q Earrings for women will be small spherical, conservative diamond, gold, white pearl, or silver with any uniform combination and worn as a set. If member has multiple holes only one set of earrings will be worn in the lower earlobe

R Optional wear of male flight cap for women

S Authorize optional epoxy blue name tag, worn on the blue shirt

T Authorize the wear of the fire fighter duty badge while an individual is assigned to 3E7X1 DAFSC position, including periods of PME attendance and staff tours above the group level

U Authorize the wear of the security forces duty badge and beret while an individual is assigned to a 3PXXX DAFSC position and possesses a 3PXXX PAFSC, including PME attendance and staff tours above the group level

V Discontinue award of the Air Force Good Conduct Medal. May continue to wear those previously earned and a matter or record

W PT uniform-mandatory wear date set as 1 October 2006 and 1 October 2005 in the AOR. Specific wear instructions released on message dated 17 November 2005

X Cell phones, pagers and personal digital assistant must be solid or covered in black, silver, dark blue or gray and must be conservative. May be clipped to the left side of waist band or purse or carried in left hand. Only one may be worn on the uniform belt. Members will not walk in uniform while using cell phones, radios, hands-free headsets unless required in the performance of official duties using a government issued device

Y Authorize the permanent wear of the scuba badge on the BDU

For updates and more information on the results from the 97th Air Force Uniform Board please go to www.af.mil



Tower training



Photo by Melissa Klinkner

Staff Sgt. Brian Zimmerman, 509th Civil Engineer Squadron, secures himself to a safety cable as he prepares to ascend the main Whiteman water tower. He and several other base fire department members practiced high angle rescue training April 20. In the event of an incident during upcoming water tower maintenance, the fire department wants to ensure they have the skills necessary to handle any potential mishap.

COMBAT FACE PAINTING



Photo by 2nd Lt. Marianne Lawson

Senior Airman Tomie Henson, 509th Security Forces Squadron, tells University of Missouri Air Force ROTC cadets the proper techniques to applying camouflage face paint. Airman Henson, along with 2nd Lt. Marianne Lawson and Staff Sgt. Michael Alberson, 509th SFS, spent April 18 and 19 at the University of Missouri in Columbia, Mo., helping AFROTC with a Field Training exercise. Field Training is a four-week summer training course that AFROTC cadets must attend before they can commission as Air Force officers.

Warfare flight works behind the scenes

By Stephanie Bemrose

2nd Bomb Wing Public Affairs

BARKSDALE AIR FORCE BASE, La. (AFPN)—The hum of computer fans, the tapping of fingers on keyboards and the occasional ring of a telephone are all that are normally heard in this office. But don't let the quiet fool you—the office staff is working to ensure that technological advances aren't being used against the Air Force.

The 8th Information Warfare Flight has 26 members who work behind the scenes to apply strategies to technology for the Air Force's protection.

Information operations have always existed, said Capt. Joseph Silver, 8th IWF chief of training, but the unit is working to adapt these strategies to work with current technology.

The three parts of information operations are influence operations, electronic warfare and network warfare.

Influence operations fit into the Air Force's bigger picture, said Lt. Col. Mark Matsushima, 8th IWF commander.

"It's about more than just dropping bombs. It's about affecting how the enemy acts, thinks and behaves," he said.

One aspect of influence operations is psychological operations. An example is dropping leaflets over a foreign country. The leaflets might list a radio frequency people can tune to for information about operations American servicemembers are conducting.

Influence operations also includes military deception—misleading adversaries so they misallocate or misuse resources to the Air Force's advantage.

Captain Silver said it's important to synchronize military deception and psychological operations to make sure the U.S. retains its credibility.

Another aspect of influence operations is operational security, or protecting critical information. This concerns such information as when and where aircrew members are located and when aircraft are launched. Foreign human intelligence agents may be looking for indicators, which is unclassified information that could be useful when combined with other indicators, Captain Silver said.

"When all these harmless little tidbits are put together, you can see the big picture," the captain said.

Maj. Daniel Marcalus, 8th IWF director of operations, said that flight members are trained to recognize the big picture and how each little part can, by itself, be harmful.

"We master and control information, but these are not new concepts. We are just using, refining and combining the tactics, techniques and procedures," the major said.

Controlling information and other aspects of the operation give an advantage to American forces, Major Marcalus said.

Also under influence operations is counterpropaganda operations, which is telling about a situation soon after it has happened. Captain Silver said it is important to get the American side of the story out soon, because the first release of information usually has the greatest effect.

The second part of information warfare is the electronic focus. One aspect of that is electronic attack, which is jamming or deceiving radars, radio frequencies, particle beams and other directed-energy weapons.

Captain Silver said that by deceiving an enemy's radar, they may misallocate resources to an area where they believe an aircraft is headed instead of the correct location.

Electronic warfare also includes electronic protection, which is countertactics and hardening, or securing, the avionic system by resisting jamming from adversaries. Electronic warfare support includes threat avoidance through route selection, targeting and homing.

The three aspects of network warfare are attack, defense and support. Network warfare support includes finding, fixing tracking and assessing nodes and systems, which includes telephones, computers, televisions and satellites.

Major Marcalus said that although the unit's job isn't fancy, a new focus on information operations as an Air Force warfighting area includes training unit members through time, resources and exercises.

It takes about a year for an Airman to be completely trained to plan and implement information warfare, Colonel Matsushima said.

"These are not simple concepts. It'd take too much (time) in order to explain all of this to someone who is fresh out of technical school," the major said. "You need to remember that we're bringing together concepts and techniques from thousands of years."

Captain Silver said the unit has a rather high operations tempo because they are training and traveling to support exercises.

"It's all in the name of making the world a better place," Captain Silver said.

Disabilities *don't prevent* SUCCESS

By Master Sgt. Charles Cousins
442nd Maintenance Operations Flight

If you were asked what George Washington, Franklin Roosevelt and Woodrow Wilson had in common, what would you say? Presidents?

What do Ludwig van Beethoven, Billy Joel and Danny Glover have in common? Celebrities?

How about Alexander Graham Bell, Thomas Edison and Albert Einstein? Inventors?

What if I told you that all of the above had the same thing in common? They are all people lived with a disability.

George Washington, Alexander Bell, Thomas Edison and Albert Einstein had learning disabilities. For example, Edison couldn't read until he was twelve years old, and had difficulty writing when he was older. Albert Einstein didn't speak until he was three years old and he had a difficult time in school with Math, of all subjects.

Franklin Roosevelt had a physical disability and was paralyzed

from polio. Woodrow Wilson was dyslexic. Beethoven was deaf, Billy Joel has asthma, Danny Glover is visually impaired.

Bottom line: A disability is not an indicator of potential success or failure. It is a challenge or obstacle that you, as part of team, can overcome and work through.

How do we do that? Below is a list that, while not all inclusive, would be a good place for us all to start:

■ Managers and supervisors need to create a culture in their office that supports all the people they are responsible for.

■ Employees need to learn that is okay to talk about their special needs and health issues with others, especially their immediate supervisors.

■ Like everyone else in the workplace, people with disabilities need to get support from management. The tools they need to do their job may be a bit different so they should talk with others about their situation.

■ Supervisors can support people with disabilities by educating employees about the resources and programs their agency has in place.

■ Remember that disabilities cross all boundaries—race, color, religion, etc.—and a person may never know when they might meet a person with a disability.

As with any organization, we as members of Team Whiteman overcome obstacles and challenges that are placed in our paths.

By working together as a team, we can make Whiteman Air Force Base a better place for people with disabilities to work, while benefiting from the abilities, talents and ideas that all of our employees contribute.

To get more information on dealing with disabilities in the workplace, visit http://www.eeoc.gov/abouteeo/overview_practices.html, or <http://kcfef.gsa.gov/DFEC/DFEC.asp>.

You can also contact me at 687-6946 or the Whiteman Military Equal Opportunity office at 687-5712.

Know your Special Emphasis Program Manager

Rank and Name:
Master Sgt. Chuck Cousins

Squadron: 442nd Maintenance Operations Flight

Time in service: 27 Years

Family: Rose is my wife and we will celebrate our 28th anniversary this September. We have a 26 year old daughter, Erica, a 25 year old son, Zachary, and a 5 year old granddaughter, Julie.

Hobbies: Music and Motorcycles

Your SEPM program: People with disabilities

Goals for your SEPM program:

■ To raise the awareness of both supervisors and employees of the assistance that is available to people with disabilities.

■ To ensure managers and employees are aware of their rights and their responsibilities where disabilities are concerned.

■ To work closely with the 509th civilian personnel office, and develop local procedures that will assist Whiteman employees with disabilities overcome employment and upward mobility obstacles.



Outdoor Recreation

By Senior Airman Jason Barebo

509th Bomb Wing Public Affairs

If you are planning to take a vacation this summer, then perhaps you should consider stopping by the outdoor recreation center.

There you will find equipment that could make your vacation better and possibly save you money.

Outdoor recreation offers several camping items that can fulfill your camping needs. Tents are available from two-person to seven-person sizes as well as pop-up campers, kerosene heaters, sleeping bags and flashlights for rent.

If boating or fishing is more your style, outdoor rec has several options of boating equipment to include bass trackers, canoes, outdoor motor boats, pontoon boats, ski-boats and water-skis.

All items can be reserved two weeks in advance with a one-day deposit due at the time of reservation.

Sports and recreation items such as badminton sets, horseshoes, tennis kits and volleyball sets are available for rent.

There is also an indoor climbing wall available for use to challenge your gravity defying abilities. Classes are required for use of the climbing wall.

The outdoor rec center also provides items for use in

your home and garden. From hedge trimmers to lawn mowers, jumper cables to vehicle trailers, caulking guns to air compressors, anything you may need for repair of home or auto, you are likely to find. There are also televisions, vacuum cleaners and sewing machines for rent.

In addition to renting equipment, outdoor rec also houses Information, Tickets and Travel. ITT offers discounts on travel and tickets to several places such as hiking trips at Arrow Rock and Disneyland.

For more information on rental equipment, available classes or travel discounts and locations, contact the outdoor rec center at 687-5565.



Photo by Senior Airman Jason Barebo

Aaron Betancourt, outdoor recreation center employee, cleans a pontoon boat. The outdoor recreation center has more than 15 powered water craft and more than 25 canoes and paddle boats that can be rented daily or weekly. Boater safety classes are offered and required for boat rental. Call the outdoor recreation center at 687-5565 for more information.

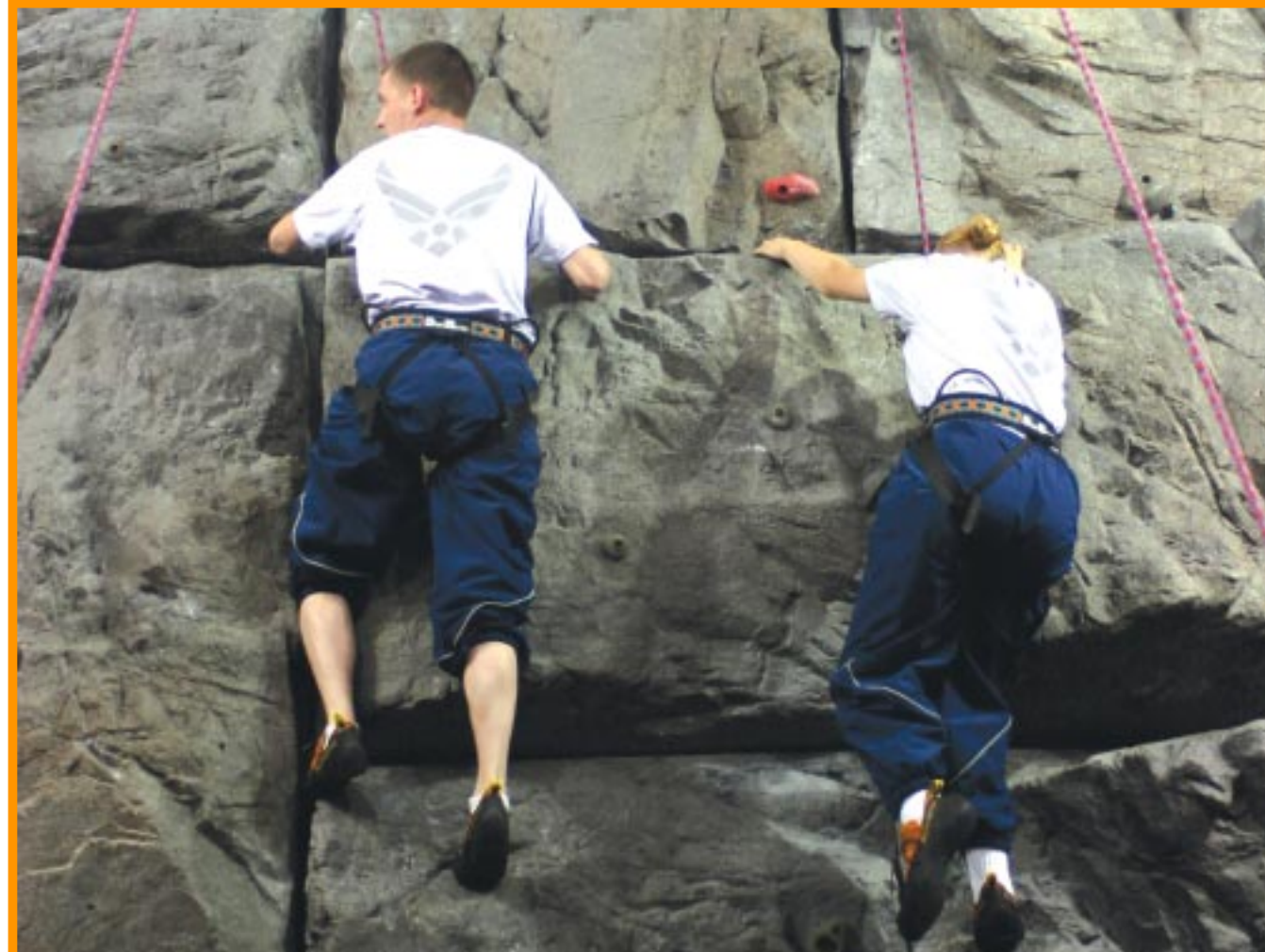


Photo by Airman 1st Class Jason Burton

Airmen from the First-Term Airman Course, climb the 20 foot rock wall Monday at the outdoor recreation center. Certification classes are required to use the rock wall. To book a class call 687-5565.



Photo by Senior Airman Jason Barebo

John Hardy, outdoor recreation program manager, raises the canopy of a pontoon boat for cleaning and routine maintenance checks. Besides offering rental equipment, the outdoor recreation center also has the information, tickets and travel office. They offer discounted tickets for a variety of trips and entertainment. For upcoming trip and activity information, visit www.whitemanservices.com. Call 687-5567 for more information.

Gaining ground

**Story and photo by
Staff Sgt. Rob Hazelett**
509th Bomb Wing Public Affairs

Building the endurance to run is a gradual process. There are also fundamentals that are paramount for beginners and seasoned striders to consider before increasing their mileage.

A runner's clinic held at the base theater April 21 had several guest speakers who touched on key components optimizing healthy running from motivation, shoe selection and avoiding injuries.

"Whether a person wants to become a better runner or wants to begin running, I want everybody to realize it's just really a matter of putting that one foot in front of the other," said Nita Hawk, 509th Medical Operations Squadron exercise physiologist, who also presented core strengthening exercises and emphasized the importance for duration.

Although the purpose of the running clinic was to enhance running, it also shed new light on old fitness theories.

"In the past, the belief was to work

out three times a week. However, further research shows three times a week only maintains fitness," Mrs. Hawk said. "We need to move every day, try to run every other day, and do some type of core strengthening every day."

For the long distance enthusiasts, there were speakers who discussed their marathon experiences and what it takes to train for the grueling 26.2-mile event.

"Where will your motivation for running come from?" asked Maj. Bart Oaks, 509th Bomb Wing deputy chief wing plans, who is training for his fifth marathon in 18 months. "Will it be to pass the Air Force fitness test, to keep the weight off, to keep up with your kids, or will you be training for a race?"

Major Oaks, who started running 15 years ago, stressed the importance of goals and striving to meet them.

"My goal is to qualify for the Boston Marathon, and I have that written down," he said. "Some days are easy and I feel I can run all day, but there are days when it takes all my mental strength to run."



Maj. Bart Oaks, 509th Bomb Wing deputy chief wing plans, discusses motivation and training from lessons he has learned preparing for his five marathons.

Prospective runners learned about pronation, or the natural rolling in of the foot, and were taught how to choose and properly care for running shoes that were flexible, absorbed shock and helped control motion.

"Shoes are like your tires: they have to be balanced," said Maj. Larry Groves, 509th MDOS physical therapist, who covered proper shoe fit and assessment. "A good way to tell is the midsole, which if worn out, means it's time for new shoes."

Other speakers who briefed the audience were Capt. Chris Klaiber, 509th Military Equal Opportunity chief, who ran in last year's Columbia, Mo. marathon, and 1st Lt. Tom Heier, 509th MDOS bioenvironmental engineer, who ran his first marathon in St. Louis, Mo., April 9.

HEY SPORTS FANS!

The Spirit Times wants to feature YOU!

For game coverage or to submit info a story or photo, contact the Spirit Times staff at sprit.times@whiteman.af.mil

America's Air Force

No
one
comes
close



EVENTS

Team Whiteman Community

Scouting for Scouts

Whiteman's Cub Scout Pack 405 will hold a Scout round-up 1-6 p.m. Monday at the community activities center. Boys in kindergarten through fourth grade are encouraged to attend with their parents to learn more about Scouting and to join the pack.

For more details, call Sarah Roy at 660-233-3162.

LOA golf tournament

There will be a Logistics Officer Association golf tournament beginning 9 a.m. with a shotgun start at 10 a.m. May 19 at the Royal Oaks Golf Course.

The tournament will be a four person scramble with 25 teams. It will cost \$10 per person plus cart and green fees.

There will also be giveaways for lowest score, accurate drive, closest to the pin, and longest putt, as well as door prizes.

To sign up, contact Capt. Jesse Benevich at 687-5721. Payment is needed no later than May 12.

Family Support

Call 687-7132 for more details on these family support center activities.

Pre-separation briefing set

A pre-separation briefing for people separating from the military begins 8 a.m. Monday.

Representatives from the military personnel flight and family support center will brief. The MPF separations and retirements office schedules members for this briefing.

For more information, call them at 687-1500 or 6720.

TAP helps people leaving military

A three-day transition assistance program for people separating or retiring from the military begins at 8 a.m. Tuesday.

Attendees will learn basic resume writing skills, interviewing skills, salary negotiation, and receive information on education and Veterans Administration benefits.

Reservations are required.

WIC representative visits base

A WIC representative is available beginning at 8:30 a.m. Tuesday and Thursday.

WIC includes nutrition education, health promotion and a supplemental food program to help women, infants and children who have nutritional needs.

For more details, call the WIC office in Warrensburg at 747-2012.

Workshop to write resumes

For active duty personnel, a hands-on workshop that helps people through the resume writing process begins at 8 a.m. Wednesday.

Reservations are required.

Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday.

This briefing covers information about preparing for deployment and programs available to family members who are left behind. Spouses are encouraged to attend.

Badge of Honor

By Capt. Tony Wickman
71st Flying Training Wing Public Affairs

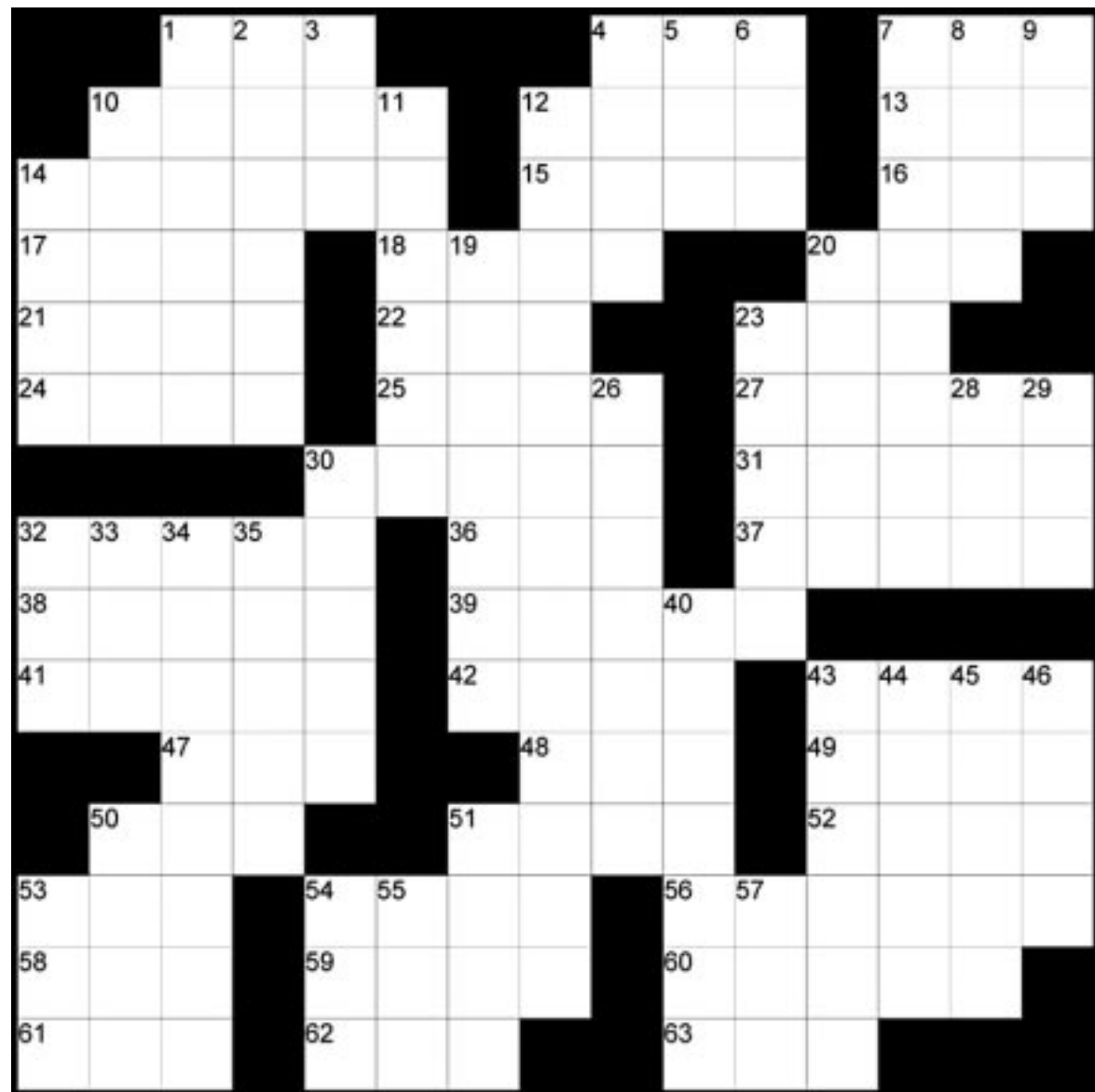
ACROSS

1. USAF field meal
4. Badge with scales; awarded to 51J
7. AETC crest badge; awarded to 8T000 or 81T
10. Conjecture
12. Castle protector
13. Decor or op
14. Minnesota city
15. Historic
16. Less than
17. Mineral and baby
18. Chooses
20. Mole
21. Minor Prophet; son of Beeri
22. Judge or pay lead-in
23. Mil. overseas address starter
24. NY team
25. Impoverished
27. Mornings
30. Popular aquarium denizen

31. Body of water
32. Evaluate
36. Badge with bomb and bolts; awarded to 3E8X1 (in short)
37. Translucent glassy mineral
38. Badge with globe and eagle; awarded to 2F0X1
39. Similar
41. Motor
42. High time
43. Drains
47. Car ID
48. ___-whiz
49. Squadron or group
50. Hamper
51. General's helper; AFSC of 88A
52. Heap
53. Tic-___-toe
54. Male children
56. Portable computer
58. NORAD air sovereignty mission
59. Vent anger
60. Conspicuous success
61. Harris and O'Neal
62. Stitch
63. TV actress Susan

DOWN

1. Bad haircut?
2. Recycles
3. Langley AFB time zone (GMT-0500)
4. Wets
5. ___ alai
6. Badge with a tower; awarded to 1C1X1
7. Badge with globe being circle by spacecraft; awarded to 3U0X1
8. Pitt movie



9. USAF recreation support site
10. Demeanor
11. Ye Olde ___
12. Badge with a vane; awarded to 15W or 1W0X1
14. Perdition
19. Exhibiting considerable variety
20. Badge with globe orbiting constellations; awarded 13S or 1C6X1
23. Mud hut
26. Transmitted to HQ

28. Vote against
29. NBC comedy show
30. Former heavyweight boxer
32. Bellows or Clear sites
33. Litigate
34. Badge with globe and torch; awarded to 34M or 3M0X1
35. ___ & The Chipmunks
40. Genuflected
43. Badge with a globe and eagle; awarded to 2S0X1
44. Singer/activist Bryant

45. Badge with shield and wings; awarded to 11X
46. Staircase item
50. Badge with a globe and lyre; awarded to 35B or 3N1X1
51. From scratch
53. Shoe part
54. Badge with AF crest and eagle; awarded to 31P/3P0X1 (in short)
55. Lode
57. Brig. Gen. Chuck Yeager was one



April 21 answers



Services Page editor.....Poppy Arthurton
509th Services Squadron.....687-7929
*No federal endorsement of mentioned sponsors intended.

Visit www.whitemanservices.com for details of all upcoming events, photographs, facility information and the Services Connection magazine.

Sports & Recreation

Fitness Center
687-5493



4-ON-4
WALLYBALL TOURNAMENT
11 a.m. - 12:30 p.m. May 16-18
Fitness center
Sign up by May 12 by calling 687-5493
or stop by the front counter.

Outdoor Recreation and Information,
Tickets and Travel
687-5565

Hiking at Arrow Rock

Join outdoor recreation May 13, 8 a.m.- 5 p.m.

Escape the 20th century

Nestled on a bluff along the Missouri River, Arrow Rock is untouched by time. Arrow Rock invites you to enrich the present by visiting the past.

Dine & shop in places of the past. Visit shops filled with antiques, specialty gifts, and old-time crafts. Savor fare from country simple to gourmet spectacular.

Visit Arrow Rock to return to the days of the Santa Fe Trail!

- Depart Outdoor Rec at 8 a.m.
- Walk the town and visit historic buildings
- Bring a picnic lunch and enjoy the scenery or eat at a local restaurant
- Meet at the visitor center parking lot at 1 p.m. to begin the 1.5 mile hike on the rock of the Arrows Hiking Trail. Ensure you have sturdy walking shoes and a water bottle.
- Arrive back at Whitman around 5 p.m.

Cost: \$8 per person

Sign up Deadline: May 8. Call 687-5565

Royal Oaks
687-5573

Breakfast is back!

Set yourself up for a day on the course or just at work with the Royal Oaks breakfast. Breakfast burritos, egg macduffins, or the works - bacon, eggs, toast and hash browns are served 7-10 a.m. daily.

Free golf!

Purchase any adult entree at the Royal Oaks Steak House Friday or Saturday and receive a free round of golf. The steak house is open 5-8 p.m. No reservation required.

Stars and Strikes
687-5114

Saturday night color pin

Color pin starts 7 p.m. every Saturday at the Stars and Strikes. \$15 to enter, jackpots and \$1-\$5 prizes, game prizes (9-pin no tap). Just come along and play for a great night of bowling.

Mission's End
687-4422

Karaoke

Free karaoke 9 p.m.-1 a.m. tonight in the Lavene Lounge at Mission's End.



Club members'
lunch buffet

11 a.m.-1 p.m. Tuesday
Mission's End

Community Activities

Youth & Teen

Flea Market

Saturday, 1-4 p.m.
at the
community center

FREE

Youth and teens--time for spring cleaning!
Vendors aged 16 or younger must be accompanied by an adult.

Sell or trade...

Clothes * Toy\$ * Book\$ * Game\$
CD\$ * Movie\$

Clean out your closet and take home some cash. A table is provided for each trader.

Arts and Crafts Center

20 PERCENT

off all scrapbooking supplies: albums, paper, stamps and much more.
Throughout April at arts and crafts.

687-5691

Scrapbook competition

Turn in a 12"x12" scrapbook page in a page protector before May 12 to arts and crafts for your chance to win a \$20, \$15 or \$10 gift certificate, good for use on scrapbooking materials or anything else in the arts and crafts retail shop. The pages will be judged on various criteria by visitors to the facility and winners notified by May 25.

Advanced jewelry work day

Advanced jewelry makers who need a bit of guidance or some inspiration are invited to take part in the next work day, 9-11 a.m. May 2 at arts and crafts, the cost is \$15. Sign up by noon Monday.

Community Center
687-5617

Roller-rama

Change up your work out by adding a fun skating session on the new walking track. The group will meet 4-5 p.m. every Tuesday starting this Tuesday. Free to join, just bring your skates and a skate or bike helmet.

Chalk the walk

Everybody loves the circus and children ages 5-10 years old are invited to come decorate the community center sidewalk with their favorite circus animals. Come along and join in for free 2-3:30 p.m. May 6 at the community center.

Teen Center
687-5819

Youth Employment Skills program

The Youth Employment Skills program is offered each summer to teens as an opportunity to gain work place skills and experience. All worksite managers who are interested in offering a position to a Whiteman teen should come along to a meeting, 1-2 p.m. May 4 at the teen center, to confirm their participation and discuss work descriptions.

Bowling trip

There is a teen center bowling trip to the Stars and Strikes, 6-10 p.m. May 5. Teens must bring money to cover the bowling, shoes and any snacks. High game will win a prize.

Youth Center
687-5586

Youth sponsors

Just arrived at Whiteman or getting ready to move on? The youth council is ready to help! check out the websites for teens - www.geocities.com/wafbteens or for preteens (ages 9-12) www.geocities.com/wafbpreteens or get in contact by calling the youth or teen centers. From the latest events to the cool places to hang out, the council can sort you out with all the tips.

Cinco de Mayo kids night out

The next kids night out, 6:30-9:30 p.m. May 5 at the teen center will be a celebration Mexican style of the Cinco de Mayo festival so look forward to pinatas-a-plenty! Parents can sign their 6- to 9-year-olds up from Monday. The costs is \$6 for members, \$8 for nonmembers.

Family Child Care
687-1180

Want a profitable home-based career?

Providers are needed to provide care for the following: evenings, weekends, swing shift workers, infants, special needs and mildly-ill children. Air Force is now offering a subsidy for providers who are willing to meet these critical needs. Providers who hold a license are subsidized between \$100 and \$150 a week per qualifying child. Providers with chronic health problems are accepted. Call for more details.

Child Development Center
687-5588

Developmental enrichment program

The child development center has openings for 3-to 5-year-olds in the Tuesday and Thursday morning developmental enrichment sessions. Children must have turned 3 by Aug. 30 2005 to be eligible.

Library
687-5614

Story time

Story time for pre-schoolers takes place every Wednesday at 10 a.m. when 3-to 5-year-olds can listen to a story or take part in a craft activity at the library. There is also the library's dial-a-story program with a new story every week. Available 24 hours-a-day by calling 687-6255.

Veterinary Clinic
687-2667

Doggie diets

Ensuring your pet's health goes beyond resisting the sad eyes and whimpers that plead for leftovers. Ignoring the content of your pet's food and his need for exercise can lead to dangerous health habits that may haunt both you and your pet in the future.

An improper diet can lead to health problems serious enough to endanger your pet's life.

But eating a healthy diet is only half the battle. Exercise is also an important tool to help keep your furry friends in shape.

If you think your dog may be overweight or you have pet nutrition questions, contact the vet clinic who can give you advice on a proper diet and exercise program.

Interactive Customer Evaluation

The 509th Services Squadron relies on you, our customers, to let us know what we're doing well and perhaps not so well. Please help us to exceed your expectations by providing us customer feedback via ICE <https://ice.disa.mil> or simply fill out a comment card at the facility you visit. We want to hear from you!

Movie Schedule

7 p.m. Friday

V for Vendetta R
Starring-Natalie Portman and Hugo Weaving

4 p.m. Saturday

Failure to Launch PG
Starring-Sarah Jessica Parker and Matthew McConaughey

7 p.m. Saturday

She's the Man PG-13
Starring-Amanda Bynes and Channing Tatum

Sunday - Theater closed

Adults: \$3.50 Children: \$1.75

Movie Recording Line: 687-5110

Movies subject to change due to availability.